

Diabetes *fact sheet*

Alcohol

Alcohol and Pre Diabetes

There is no evidence to state alcohol consumption contributes to the development of Type 2 Diabetes. However there is a relationship with blood pressure and cardiovascular disease. Be aware that alcohol contains calories and does impact on weight loss attempts.

What is a safe amount?

Due to the different ways that alcohol can affect people there is no amount of alcohol that can be safe for everyone. If you choose to drink you must realise that there will always be some risk to your health and social well being.

Risks

Levels of risk have been developed. The level of benefit is rated as opposed to the level of harm.



Low risk levels

- aim at achieving this or less
- only minimal risk of harm
- maybe health benefits for some people.



Risky levels

- risk of harm is above any possible benefits.



High risk levels

- substantial risk of serious harm
- above this the risk continues to increase rapidly.

Guidelines

The guidelines are different for men and women due to the differences in absorption of alcohol. The guidelines suggest levels for low risk drinking as follows:

Women

- No more than 2 standard drinks a day on average
- No more than 4 standard drinks on any one day
- No more than 14 standard drinks in a week

Men

- No more than 4 standard drinks a day on average
- No more than 6 standard drinks on any one day
- No more than 28 standard drinks in a week

Everyone should have 1 – 2 alcohol free days a week

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Reducing Your Harm/Risk

These basic ideas may be helpful:

- Don't drink before 5pm
- Don't drink alone
- Don't drink whilst doing something else you enjoy

Here are other things that you can do to reduce your risk of harm.

- Eat before you drink (alcohol will take longer to be absorbed)
- Don't snack on high energy snacks like crisps
- Quench your thirst first with water or mineral water
- Use low calorie drinks if you are concerned about weight gain
- Try low alcoholic alternatives
- Alternate your alcoholic drinks with water/diet soft drinks. You will drink less alcohol
- Plan ahead & choose a designated driver so you remain safe.

What is a **Standard Drink**?

The present guidelines define a standard Australian drink as 10 grams (equivalent to 12.5 millilitres) of alcohol. Law requires that all containers of drinks with alcohol are labelled with the approximate number of standard drinks they contain. Standard drinks are not only dependant on the type of alcohol, but the size of the container or glass you use. The following will give you a guide.



(Drug and Alcohol Services SA, 2008. www.dassa.sa.gov.au)

Need More Information or Help

Drug and Alcohol Services SA www.dassa.sa.gov.au

Alcohol and Drug Information Services 1300 131 340